



Hyde County Hotline

24 Hour Crisis Line 252-925-2500

Dating Violence 10 WARNING SIGNS OF ABUSE

- Checks your cell phone or email without your permission
- Constantly puts you down
- Extreme jealousy or insecurity
- Explosive temper
- Isolating you from family or friends
- Makes false accusations
- Mood swings
- Physically hurts you in any way
- Possessive
- Tells you what to do

SOURCE: *Love is Respect*

The History of Teen DV Month

For years, young people across the nation have organized to put a stop to dating abuse. With their adult allies, they achieved a major victory in 2005 when the importance of addressing teen dating abuse was highlighted in the reauthorization of the Violence Against Women Act.

The following year, Congress followed the lead of dozens of national, state and local organizations in sounding the call to end dating abuse. Both Chambers declared the first full week in February "National Teen Dating Violence Prevention and Awareness Week." Then in 2010, they began dedicating the entire month of February to teen dating violence awareness and prevention.

DOMESTIC VIOLENCE HOMICIDES IN NC from January 1 – January 23, 2015

1 Murder

from January 1 – December 17, 2014

62 Murders

www.nccadv.org

Healthy
relationships involve

- ♥ accountability
- ♥ trust
- ♥ respect
- ♥ support
- ♥ affirmation
- ♥ intimacy
- ♥ open communication
- ♥ negotiation
- ♥ compromise

**SPREAD THE MESSAGE:
LOVE IS NOT ABUSE**

February is Dating
Violence Awareness and
Prevention Month

OUR MISSION: The purpose of Hyde County Hotline, Inc. is to work to eliminate domestic abuse and sexual victimization and provide safe shelter in Hyde County, North Carolina through the collaborative efforts of a compassionate community. We promote dignity, respect and safety at home resulting in safer communities.

"Unhealthy
relationships can
start early and
last a lifetime."

- CDC



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Save the Date

3rd Annual Hyde County Children's Health Fair

Friday, April 10th

For more information or to reserve a table, please contact

Lisa Woolard: lisa@beaufortcountykids.org

Or

Eve Richardson: echydehotline@gmail.com or 252-925-2502



Healthy Relationship Quiz

Everyone deserves to be in a safe and healthy relationship. Do you know if your relationship is healthy? Choose how often your partner does the following to find out. Make sure to write down your responses. At the end, you'll find out how to score your answers.

The Person I'm With (Often, Sometimes or Never)

1. Is very supportive of things that I do and encourages me to try new things.
2. Likes to listen when I have something on my mind.
3. Talks to me when they're unhappy with something in the relationship.
4. Is willing to compromise.
5. Understands that we have separate interests and can spend time apart.
6. Is mean or rude to my friends.
7. Criticizes or distracts me when I'm doing things that don't involve them.
8. Gets extremely jealous or possessive.
9. Accuses me of flirting or cheating when I'm not.
10. Constantly checks up on me or makes me check in.
11. Breaks or throws things when we fight.
12. Threatens to destroy my things.
13. Tries to control what I do, who I see, what I wear, how I look or who I talk to.
14. Makes me feel nervous or like I'm "walking on eggshells."
15. Blames me for problems, puts me down, calls me names or criticizes me.
16. Makes me feel like no one else would want me.
17. Threatens to hurt themselves, me, my friends, pets or family.
18. Grabs, pushes, shoves, chokes, punches, slaps, holds me down, throws things or hurts me in some way.
19. Yells, screams or humiliates me in front of other people.
20. Pressures, guilts or forces me into having sex or going farther than I want to.

See next page for scoring instructions.

Scoring: Questions 1-5: Often: -5, Sometimes: -3, Never: 5 Questions 6-10: Often: 5, Sometimes: 1, Never: 0
Questions 11-15: Often: 10, Sometimes: 5, Never: 0 Questions 16-20: Often: 50, Sometimes: 25, Never: 0

Now that you're finished and have your score, the next step is to find out what it means. Simply take your total score and see which of the categories below apply to you.

Score: 0 or Less Points: You got a negative score or a zero? Don't worry -- it's a good thing! It sounds like your relationship is on a pretty healthy track. Maintaining healthy relationships takes some work -- keep it up! Remember that while you may have a healthy relationship, it's possible that a friend of yours does not. If you know someone who is in an abusive relationship, find out how you can help them.

Score: 1-5 Points: If you scored one to five points, you might be noticing a couple of things in your relationship that are unhealthy, but it doesn't necessarily mean they are warning signs. It's still a good idea to keep an eye out and make sure there isn't an unhealthy pattern developing.

The best thing to do is to talk to your partner and let them know what you like and don't like. Encourage them to do the same. Remember, communication is always important when building a healthy relationship. It's also good to be informed so you can recognize the different types of abuse. Still have questions? Chat with an advocate for more information.

Score: 6-10 Points: If you scored six to ten points, it sounds like you may be seeing some warning signs and your relationship may be unhealthy. Don't ignore these red flags. Something that starts small can grow much worse over time. No relationship is perfect -- it takes work! But in a healthy relationship you won't find abusive behaviors.

If you think your relationship may not be as healthy as you deserve, chat with a trained advocate to get more information.

Score: 11-50 Points: If you scored eleven to fifty points, you are definitely seeing warning signs and may be in an abusive relationship. Remember, abuse is not just physical. Learn about the different types of abuse and how to spot the warning signs.

Score: More than 50 Points: If you scored more than 50 points, it is important to consider taking steps to ensure your safety. A trained advocate is available to work with you to create a safety plan that is tailored to your situation, and focused on keeping you safe whether you choose to remain in the relationship or not.

You don't have to deal with this alone. We can help. Chat with an advocate to learn about your different options.

Everyone deserves a healthy relationship.

Adapted from: <http://www.loveisrespect.org/dating-basics/healthy-relationships/healthy-relationships-quiz>

How you can help...

Donate to our Thrift Store; call us for pick-up of large items: 252-925-2502 (all donations are tax deductible)

Ask us about presentations

Ask how we can help you

Tell others about us

Monetary donations are accepted:
PO Box 335, Engelhard, NC 27824



Want to learn more about being a Hyde County Hotline Crisis Line or Shelter Volunteer?

Let us know. 252-925-2502

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Wear
Orange 4
Respect

On February 10, join [Wear Orange 4 Love](#), by getting as many people as you can to wear something orange in honor of Teen DV Month.

Wear orange shirts, nail polish, ribbons, jewelry, shoes or anything else you can think of.

Remember

Don't just wear orange – talk about it! By having a large number of people raising awareness like this and talking about healthy relationships, we send a message that teen dating abuse is not okay!

Not sure what to say? Try this:

“I’m wearing orange today to promote healthy relationships.”

